The Brain Food Cheat Sheet

Top Foods That Fuel Focus, Memory, and Mental Energy

Very Big Brain
www.VeryBigBrain.com

BRAIN-BOOSTING FOODS LIST

FOCUS & MENTAL CLARITY

- **Blueberries** – Packed with antioxidants that improve communication between brain cells.
- **Green Tea** – Contains L-theanine and mild caffeine for calm, sustained focus.
- **Dark Chocolate (85%+)** – Rich in flavanols that boost blood flow to the brain.

MEMORY SUPPORT

- **Salmon & Sardines** – Omega-3 fatty acids (DHA) essential for memory formation.
- **Walnuts** – Improve recall and support healthy brain aging.
- **Pumpkin Seeds** – High in zinc and magnesium, critical for learning and memory.

MOOD & STRESS RESILIENCE

- **Spinach & Kale** – Folate and magnesium reduce brain fog and stress.
- **Avocados** – Healthy fats that stabilize mood and improve circulation.
- **Fermented Foods (yogurt, kimchi)** – Support the gut-brain axis for emotional balance.

ALL-DAY ENERGY

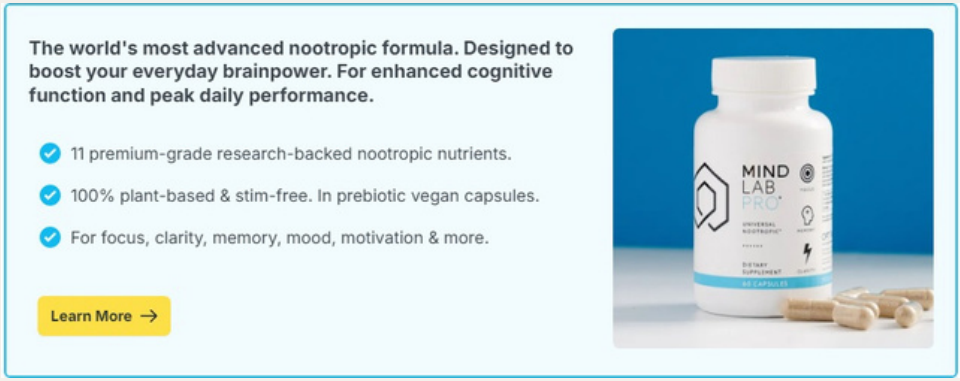
- **Eggs** – Rich in choline, a building block for acetylcholine (learning neurotransmitter).
- **Quinoa & Oats** – Complex carbs for steady glucose supply to the brain.
- **Turmeric** – Curcumin reduces inflammation and may protect long-term brain health.

SAMPLE DAILY BRAIN PLATE

Breakfast: Oatmeal with blueberries, walnuts, and a green tea.
Lunch: Grilled salmon salad with spinach, avocado, and pumpkin seeds.
Snack: Dark chocolate square + fermented yogurt.
Dinner: Quinoa, turmeric-roasted vegetables, and lean protein (chicken or tofu).

SUPPLEMENTS THAT COVER MULTIPLE BRAIN NUTRIENTS IN ONE

Eating brain-friendly foods daily is powerful — but not always convenient. If you want a **safe, all-in-one nootropic stack** that includes citicoline, Lion's Mane, Bacopa, and other science-backed ingredients, we recommend *Mind Lab Pro*.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100% plant-based & stim-free. In prebiotic vegan capsules.
For focus, clarity, memory, mood, motivation & more.
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